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Dear Year 10 Students,

Firstly, I hope that this letter finds you, your family and friends safe and well.

I am sending this letter in response to some of the replies I received from the survey I sent out a few weeks ago.

The majority of you indicated that you are comfortable with the work that is being set both in terms of volume and challenge. This is good. Some of you have said you feel overwhelmed and are struggling to manage your time or you are finding the work difficult.

I wanted to take this opportunity on behalf of the staff at Mary Webb School to thank you for all your efforts and hard work so far. I know that these are strange times and as GCSE students you have had a lot to manage and adapt to alongside working from home. I know some of you will be worried about GCSE results and the impact of COVID-19. To you, I would stress that this is a national situation. You, as Mary Webb students are not alone. You can take some control of this situation by engaging with the work that is set by your teachers. By responding to feedback and asking questions if you are not sure of anything that is asked of you.

To those of you who feel like they are struggling please:

- Contact your class teacher if you are finding a specific subject difficult. Their email address will be at the bottom of each piece of work that is set on class charts.
- If you are struggling more generally with your work contact your form tutor, they are your first port of call in school, they will know you best and will be able to point you in the direction of a useful resource or they can contact your class teachers and help support you.
- If organising your day is a struggle for you I would like to draw your attention to this guidance:

Supporting home learning routines
Planning the day

Education Endowment Foundation

Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your class. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#)

	M	T	W	T	F
I woke up at a good time.					
I did some exercise.					
I had regular meals and drank water.					
I enjoyed some reading in a quiet space.					
I practised a maths skill.					
I completed some school work at my work space. I chunked it so I had some breaks too.					
I talked to my family about my day and how I am feeling. I asked them about their day.					
I helped with a household job and talked to my family while I did it.					
I contacted my friends.					
I spent some time on my creative hobby.					
My parent/carer told me what I did well.					
My goal:					
My goal:					

The key now is to:

- Work, keep your brain ticking over,
- Keep learning
- Engage with your work.

You *may* be one of the lucky ones who completes their work swiftly and then has a lot of free time.

Structure and routine are important:

- Use your school work and this guidance sheet to help you maintain a routine.
- You could make your own checklist and design your own goals

Routines have been shown to help people *manage their anxiety*, they help *maintain sleeping patterns* and they can help you to *feel in control*.

This document is on the Mary Webb website under Latest news.

Keep talking to your parents and carers, your wider family and friends. Let them know how you are and share the highlights of your day.

I would like to take this opportunity to draw your attention to <https://www.kooth.com/> on here are many resources to support you in a variety of situations; loneliness, anxiety or if you need to talk. It a free resource which you can use on any device.

Throughout the period of school closure, you have been making excellent use of the internet and mobile devices to access and complete work to a very high standard. This is indicative of the positive approach and attitude you have towards your learning. However, we need to draw to your attention that if the school is made aware of any inappropriate communications made by students, either via email or on any social media platform, we are duty bound to report these incidents to the appropriate authorities for them to investigate. We are sure that the majority of you act appropriately at all times and this needs to continue.

I know that many of you are avid readers. At Mary Webb School we love reading and encourage you to do as much of this as you can. Reading can take many different forms:

- a book
- comic/ magazine
- instruction manual
- recipe book
- a letter from a family member

If you have not spent as much time reading as you know you could have I would encourage you to start now. Studies have shown *that those who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations. Reading for pleasure is also associated with better sleeping patterns.* All of these are relevant to the situation we all

find ourselves in. As GCSE students it is important that you maintain levels of engagement with reading. This will have untold benefits when you return to learning in school.

Mary Webb School does have some access to audio books. If you wanted to access these please get in touch with myself and I will liaise with Mrs Bourne to manage the requests.

If you have a kindle, i-pad or electronic device, audible have made access free for students, so you are able to access a wide variety of books from that website.
<https://stories.audible.com/discovery>

I would like to take this opportunity to tell you that we, in school, are missing you and we are looking forward to the return of normality and learning at Mary Webb School and Science College.

Yours sincerely

Miss E Weston

Miss Weston
Assistant Headteacher